



WORRY WORKSHEET

Ask Yourself:

- 1. What you are worried about?**
- 2. What is the worst-case scenario?**
- 3. What are the current facts?**
- 4. Make a decision about what you can control right now.**

“Worry pretends to be necessary and active worrying triggers the same part of your brain as when you are actually doing something. This trigger tricks you into thinking you are doing something, when in fact, all you are doing is worrying!!”

You need to FAIL enough times to figure out how to be successful, so don't be discouraged if at first you don't succeed!

Things to Consider:

- 1. Most of what we are worried about is already happening.**
- 2. Make peace with #3 facts by not assigning meaning to them, recognize them as neutral.**
- 3. When you make a decision and take action, how do you feel? Determined, motivated, if you are worried again... jump back into step #1.**

